The TRUE Every

Man & Woman

THEIR OWN

DOCTOR:

OR, A

SALVE for every SORE.

Being a Book full of Rare Receipts for the moſt dangerous Diſtempers incident to the Bodies of Men, Women and Children; and is very fit to be in all Families againſt any time of Sickneſs, Gathered out of the Library of that famous Traveller Dr. *Pontens* and now publiſh'd for the good and benefit of the Kingdom; and being nothing but what is experienced by many thouſands of people in City and Country, doing good to many. Don't read only but practice alſo, then ſpeak as you find; and give God the praiſe in all things.

With Six moſt Excellent Receipts for all ſorts of Cattle whatſoever.

Licenſed according to Order.

LONDON, Printed by *F.L.* for *Matthias Drew*, Bo[ok]-
Living in St. *Sepulchres* Church yard, and ſold by himſelf, and
Living in *Red-Lyon Court* in *White-croſs-ſtreet*. 1676.

Every Man and Woman their own Doctor

I. *For the pain in the Head.*

TAke the greace of a Heart and mingle with Oat-meal and S... and temper them well; then lay it Plaister-wise to thy tem... This is proved.

II. *To Purge the Head.*

TAke the juice of Primrose, and Milk of a Cow; and with a Q... blow it into thy Nostrils: and this will Purge thy Head.

III. *For the Megrim in the Head.*

TAke sour Bread and Chickweed, and bray them together, an... boyl them in Vinegar; and so bind it to the grieved place: ... take Barley and seeth it well in water, and put in Betony, and oth... good Herbs for the Head, and when they be well sodden, bind th... to thy Head; For it is good.

IV. *For a Scald Head.*

TAke the Liver of a Thorn-back and boyl it by it self; and eight E... campane Roots, and seeth them by themselves in Spring-water t... hours; and put that to four handfuls of House-leek, stamped and strai... ed through a Cloth; and make an Oyntment thereof; then anoint t... Head therewith; and if the Hair be gone, take a handful of Woo... and bray it hot to powder; then take two spoonfuls of Honey, and ... noint the Head therewith where it is pill'd, and thy Hair will soo... come again as thick as ever it was before, This has cured many hundre...

V. *For sore and blood shot Eyes, or Rhume, hot or cold.*

TTake Allom burned, beaten to fine Powder, then take as muc... as will lie on a Groat; So mingle it with half a Spoonful o... Honey

Honey, then drop one or two drops into the Eye when you go to Bed, and you will find help to great admiration: This has Cured many in all my Travels, *Probatum eſt.*

VI. *A Water to clear the ſight.*

TAke Fennel, Vervain, Roſes, Salendine, and Rue, of each two ounces: and Diſtill them and waſh thine Eyes therewith: this is good for all manner of ſore Eyes.

VII. *For a Pearl and Flegm that grows over the Eyes.*

TAke the Gall of an Hare, and boyl it with as much Honey as the Gall. *Probatum eſt.*

VIII. *To help the Hearing.*

TAke and Diſtill Sorrel, or Wormwood, in a common Stillary; and take four drops of either of the ſame Waters, which you will; and put into thy Ear Luke-warm.

IX. *For the Rickets in Children.*

TAke as much Jet as will lie upon a Shilling, and ſteep it in half a [illegible] of Sack 4 or 5 hours, then ſtir it about and drink it off, half in the morning, and the reſt at night. This hath done good to many.

X. *For ſtinking of the Mouth.*

TAke the juice of black Mints, and of Rue alike much, and put it to thy Norſtrils; and this will help thee. This is proved

XI. *For a Mouth that is ſtaid with heat.*

TAke Ribwort and ſeeth it in Red Wine; and hold it in ye Mouth hot: do this often, and be whole.

XII. *To recover a Mans Speech.*

TAke the juice of Sage and Primroſe, and put into the patients Mouth, and he ſhall ſpeak ſtrait, or within a while after

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XIII. *For a Canker in the Mouth.*

TAke nine Leaves of Sage, and ſtamp them with a little Salt an Verjuice; and make thereof a Plaiſter, and lay it thereto, and will be whole: but you muſt dreſs it twice a day.

XIV. *To make Teeth white.*

TAke Vinegar of Quinces, and dip a Cloth in it, and rub the Te and Gums therewith: this ſame faſteneth the Teeth and Gun comforteth the Roots of the Teeth, and maketh ſweet Breath.

XV. *To take away the Tooth-ach in half an hour.*

TAke Henbane-ſeed, Smallage ſeed and Poppy-ſeed, of each weight of a Penny; and make Pellits, with a quantity of Aquavi and lay it to thy Teeth that ake: and the pain ſhall ceaſe ſtrait.

XVI. *For a Red Face.*

TAke Sow-thiſtles, Burrage, Purſlain, Sorrel, Barley, Parſley Ro and Liquoriſh; and boyl all togecher in running-water: and dr it firſt and laſt.

XVII. *To make the Face fair.*

TAke the Flowers of Roſemary, and boyl them in White-wine; th waſh thy Face therewith: alſo the Water of Bean flowers will as well.

XVIII. *For hoarſeneſs in the Throat.*

TAke Penniroyal and ſeeth it in Running-water, and drink a g draught two or three nights ſomewhat hot, with a little Loaf-Su it; this will make you clear again.

XIX. *For ſore Breaſts.*

TAke a handful of Figgs and ſtamp them, then take a little fr Greaſe, and temper it with the Figgs, and make a Plaiſter there and lay it as hot as you can endure it; this will take away the anguiſ and if it be apt to break it will, or elſe not.

XX. *For the Spleen.*

TAke the Rootsof Nettles and ſtamp them well together with Vinegar: and lay it unto the Spleen when it ſwelleth: alſo the Lungs of a Fox dried and made in Powder, and eat in a Figg in the morning is very good.

XXI. *For a ſtinking Breath.*

TAke three ounces of comin in powder, and ſeeth in Wine, from a Gallon to a Pottle; and drink of it as hot as you can, firſt and laſt; and in ten dayes you ſhall be whole without doubt.

XXII. *To ſtay Vomiting.*

TAke and make a Toaſt, and temper it with Vinegar, and Mints; and ſo hold it to your Noſe: this ſtayeth Vomiting.

XXIII. *For the Running of the Reins.*

TAke Venice Turpentine, ſo make it into Pills, ſo roll them in Cinnamon, and Ginger, and good Loaf-Shugar, ſo ſwallow them down firſt and laſt.

XXIV. *For the heat of the Liver.*

TAke Liver-wort, ond five-leaved Graſs, Endive, Bugloſs, and Borrage: and ſeeth all theſe in Whey: and drink of theſe as often as you will, and this will help you.

XXV. *For the Black Jaundies.*

TAke Enula Campano Roots, and ſeeth them in Milk; then take the Milk and ſtrain it through a piece of Cotton; and give the Sick to drink thereof this did help a Gentlewoman that hath been troubled ſix or Years with it, and could not be helped.

XXVI. *For the Yellow Jaundies.*

TAke Elicampane Roots, and the Inner-bark of a Barbary, of each eight ounces, of Salendine Roots as much, of Saffron the weight of a groat; ſeeth all theſe in a pint of White-wine, ſtrain it, drink four ſpoonfuls morning and evening, warm.

XXVII.

XXVII. *For the wind Cholick.*

TAke Winter-savory, stamp it and strain it, with strong Ale; th drink warm, and immediately the pain will cease, as if it w swept away: there has been divers helped with this which has swou ed away two or three times in a day, with the pain thereof.

XXVIII. *For Worms in the Belly.*

TAke the Pills of Oranges and dry them; so make them into Pow der and drink it in Malmsey, or stale Ale, there is nothing bett

XXIX. *For Griping in the Guts.*

TAke Tansey, Rhue and Sothern wood; and eat it with Salt fasting and be whole.

XXX. *For the stone.*

TAke Acorns that grow on an Oake, and dry them, and make Po der thereof; and drink it in the morning fasting, with Rheni wine and Sugar: this will break the Stone. *Probatum est.*

XXXI. *For the Sciatica in the Hyp.*

TAke a Pottle of Wine-lees, and Wine dregs, and Sour bread Cow-dung; and boyl these well together, so make a Plaist hereof and lay it to the pain as hot as you can suffer it: and this w heal you.

XXXII. *For the Gout, and all manner of Aches.*

TAke of Clot Roots two pound, and seeth them in Piss till they tender; and then bray them, and strain them through a Clot hen take six Oxe Galls, or Neats, and look that you have a Pottle Urine, or more, well strained; then put a quart of Oyl of Olive in, a seeth these together till it comes to the quantity of the Oyl: for this w work wonders in the Gout.

XXXIII. *To kill Corns on Feet or Toes.*

TAke Roots of white Lillies so boyl them in Vinegar, then mak it like a Plaister and lay it on the Corn, 3 or 4 days and nights and it will make it fall off. But the only thing in the world for Cor is this, if you can take it; which is a black Snail wrapt up in a linne Cloth, laid before a fire and well rosted, So bind it as hot as you c endure it to the Corn and keep it supplied with fresh Snails Rosted 2 3. nights as need requires, and it will make it dye, and peel off like a Scal and never come again. Proved.

XXXVI. *To drive out the small Po*

TAke Malmsey, Ginger, and Treacle, and mingle them well to ther; and when thou goest to bed, drink a good draught, a will drive out the Pox.

XXXV *For the Cramp.*

TAke two ſpoonfuls of May-butter and two ſpoonfuls of Rhue juyce; and temper them well together till they be a Salve; and anoint the place therewith.

XXXVI. *For the Ague and Feaver.*

TAke the Buds, or Leaves of Willows, Red-ſage, and Fetherſew, of each a handful; ſeeth them in a quart of Milk till the Herbs be well ſodden: then cruſh the Herbs, and wring them in a Cloth, and lay them to your Pulſe as warm as you can ſuffer it: and this will help you.

XXXVII. *To make one ſleep well.*

TAke Ground Ivy, and Sengreen, of each a like quantity; and ſtamp them, and temper them well with Womans milk, and lay it to thy Temples; and this will make thee ſleep well.

XXXVIII. *For the biting of a Mad Dog.*

TAke Mints, a Clove of Garlick, and Salt; ſtamp them together, and make a Plaiſter thereof and lay to the bitten place, and this will heal it.

XXXIX. *To kill a Tetter or Ringworm.*

TAke Fetherſew, ſtamp it and ſtrain it with Vinegar; and rub the Tetter therewith and this will kill it in a ſhort time.

XL *Againſt the Plague.*

TAke three ounces of the Liquor of the Inner-rind of an Aſh Tree, and Still it, with three ounces of White-wine; and give the Patient of every three hours; and within twenty four hours, he ſhall be well, by the Grace of God.

XLI. *For a Cut on the finger or Hand.*

TAke ſome green Hyſop, and ſtamp it well in a Morter, with ſome Sugar; and ſo bind it to thy Hand.

XLII. *For a Conſumption*

TAke the Heart and Lungs of a Calf new killed, a Capon; let theſe be bruiſed in a Stone Morter, and boyled with an hundred Snails, till the broth be as thick as Pottage; put to it Harts-tongue, Maiden hair, Hyſop, Rabias, Sage, of each an handful, with China Roots ſliced, and beaten; two ounces of the Juice of Colts-foot Roots, eight ounces of Blood of a Pig newly killed, and Conſerve of Red-Roſes one pound; theſe being all mixed, let them be Diſtilled with a gentle fire, and reſerve it. *Six*

Six moſt excellent Receipts for all ſorts of Catt

For faint Cattle, as well Cow, or Ox. Bull or Steer.

ONly Vergis is the Remedy given them to drink, and then preſen into a good Paſture: Or elſe thus, take for every one a Pint Verguice, and put thereto a handful of Bay-ſalt, and therewith rub th tongues, then let them drink the reſt. This is proved.

An excellent Drench to be given to Cattle at the Spring or full of the L

TAke hard Soot that commonly is upon the poſts of a Houſe or R where the Smoak hath its iſſue, which being beaten into Pow with Bay-ſalt, ſeeth the ſame in Running Water, & give it them to dri or Rank Ivy, with the Soot and ſalt; and when the Ivy is ſoft, wr out the juice and ſtrain it and let your Cattle drink thereof blood-wa Often proved.

A Soveraign Drink for all manner of Cattle that you ſuſpect to be Lung

TAke the Herb that is called Cowſlip, or Lung-woort, and ſt it and put thereto Fenerere and mudded with good Ale: and w a Horn, or pretty Tunnel Drench either your Horſe, Ox, Cow or Sw and it ſhall yield preſent Remedy if there be any Diſeaſe in the Lung

Againſt the Murren.

DWarf-Gentian, of ſome called Mock-gilloſer, ſmall chopt an ven to Swine and all other Cattle, it preſerveth them wonderf from the Murren, and all ſuch contagious Deſeaſes as happen to Catt corrupt time.

The water which ſtandeth in the hollows of Beeches doth perfe Cure the naughty Scurfe and wild Tetters or Scabs of Men, Hor Kine, Sheep, if they be waſhed therewithal.

For a Gald Horſe Back, or Fiſtula, a preſent Cure.

TAke a quantity of Allom and burn it, alſo a handful of Bar more and burn it, then take the powder thereof and mix it w the Allom, and pour it upon the Sore morning and evening: But if Sore be corrupt and full of dead fleſh, then uſe more of the Roch Al than of the powder of Barly, and when it beginneth to heal, uſe th both together, but moſt of the powder of Barly. This is a moſt excel Remedy.

The Price of this Book is *Two-pence.*